

School-Based Health Center:

Guiding Questions

- What would happen if there was no SBHC?
- How would you describe the environment when you're in the SBHC?
- How has SBHC changed you as a person?
- How has SBHC affected other students in the school?
- What are some characteristics of the people who work there?
- How was/is your (past/current) experience in the SBHC?
- How do you think it will impact you if you continue going to the SBHC for the next 3 years? How does the SBHC help prepare you for the future in the real world?
- Would you recommend it?

The School-Based Health Center (SBHC) is a place where students can go to if they are referred to by the nurse or if they simply just want to talk to someone. This is what they tell us in Danbury High School but the SBHC is much more than just an outside provider. The SBHC is a place where I can go to for a friend. The welcoming atmosphere combined with the lovely people (ex. Elsa) who are there to greet me each week is what makes the SBHC a second home to me. Whenever I have to talk to someone or just get advice for something, I know I can always count on the SBHC and the social worker there; Karen London. Karen has helped me with a lot of anxiety and stress in just the past semester. I started off this year with a lot of issues dealing with family, school, and personal problems. I am very introverted and I usually don't talk to anyone about my problems very often. I hold all this stress and emotion in which is really unhealthy and Karen is someone who I can just let out all these feelings. She is there to help me with my anxiety, stress, emotions, etc. I enjoy our time in the SBHC because it helps me deal with these problems. If the SBHC didn't exist I would probably suffer from all my stress and emotions; I wouldn't even want to come to school anymore, but the SBHC prevents me from wanting to stay home. Not only that but it provides a safe atmosphere for students like me who are constantly paranoid walking down the halls of the school. I would say that the SBHC has helped me a lot because I am more social with my peers and I am learning how to handle my stress and anxiety in a way that is healthier. The SBHC also has other benefits other than therapy; it teaches young students to be responsible by making appointments and making sure you get to your appointment which can really help in the future (ex. making doctor appointments). Finally, I would personally recommend the SBHC to anyone who is suffering

from anxiety, depression, or with any kind of problem. I honestly do believe it is beneficial for everyone. -Kimberly Louzada

Petition:

The School-Based Health Center (SBHC) provides a safe environment for students to express themselves. It enables them to talk about their problems with someone they can trust. It also helps gain abilities such as problem solving, stress management, etc. If you agree that the SBHC is an effective way to help students feel secure and comfortable with themselves as well as their peers, please sign your name below.

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